

**IDAHO FAMILY AND CONSUMER SCIENCES EDUCATION**



**Idaho Division of  
Professional-Technical  
Education**

**NUTRITION & FOODS**

**Technical Report**

**Technical Committee Report  
and Curriculum Guide**

**Grades 10 -12**

**ISEE Code 222020**

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# NUTRITION AND FOODS

## COURSE DESCRIPTION

Nutrition and Foods is a beginning course taught for one-semester designed to address nutrition, wellness, and foundational food preparation. Content emphasis includes nutrition, health and wellness practices, food safety and sanitation, meal management skills, food preparation techniques, and career options in nutrition and related fields. This course is a prerequisite for the occupational program *Food Production, Management, and Services*.

## IMPORTANT INFORMATION

### Delivery of the Nutrition and Foods Curriculum

It is recommended that this course emphasizes full class participation, teamwork and individual projects and/or study. The teacher is the facilitator and the manager of the classroom environment. The focus is on problem-based instruction that is designed to enable and inspire students to plan and take actions for the well-being of self and others in the home, workplace, community and world. Students also practice action through participation in FCCLA, Family, Career and Community Leaders of America, a co-curricular student organization that has the family as its central focus.

### Teacher Qualifications

The teacher of this course must be certified with an endorsement in Family and Consumer Sciences education. It is highly recommended that teachers have recent industry experience or an internship experience to gain knowledge about career opportunities in family and consumer sciences occupations.

### Length and Level of the Course

This course is a one semester/trimester experience preferably at the 10<sup>th</sup>-12<sup>th</sup> grade levels.

### Recommended Resources:

**Food for Today**. 8<sup>th</sup> (2006) Edition, by Helen Kowtaluk, Glencoe, McGraw Hill Publishing. ISBN: 9780078616440.

**Guide to Good Food**. 10<sup>th</sup> (2008) Edition, by Velda L. Largen & Deborah L. Bence, Goodheart-Willcox Publishing. ISBN: 978-1-59070-690-9

## CURRICULUM FRAMEWORK

PROGRAM AREAS: Family & Consumer Sciences Education  
IDAHO DIVISION OF PROFESSIONAL-TECHNICAL EDUCATION

EFFECTIVE DATE: June 2012  
PROGRAM TITLE: Nutrition and Foods  
ISEE CODE: 222020  
IDAHO CODE NUMBER: FC 0201

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### **I. MAJOR CONCEPTS/CONTENT:**

Food plays a major role in our lives and has a social and cultural meaning. It is important to understand the impact of food on individuals and families. The understanding of nutrition and foods will enable students to make critical decisions regarding food choices that contribute to the health and wellbeing of individuals, families, and communities. Students are given the opportunity for hands on preparation of nutritious meals. Students will gain knowledge for today's lifestyle in the society where family roles are changing, technology is rapidly progressing, and career opportunities in food and nutrition are growing and varied.

### **II. COURSE DESCRIPTION:**

Nutrition and Foods is a beginning course taught for one-semester designed to address nutrition, wellness, and foundational food preparation. Content emphasis includes nutrition, health and wellness practices, food safety and sanitation, meal management skills, food preparation techniques, and career options in nutrition and related fields. This course is a prerequisite for the occupational program *Food Production, Management, and Services*.

### **III. FAMILY AND CONSUMER SCIENCES EDUCATION NATIONAL STANDARDS:**

*The following comprehensive standards were used as a guide to provide the structure for identifying what learners should be able to do.*

- 1.0 CAREER, COMMUNITY, AND FAMILY CONNECTIONS  
*Integrate multiple life roles and responsibilities in family, career, and community.*
- 2.0 CONSUMER AND FAMILY RESOURCES  
*Evaluate management practices related to the human, economic, and environmental resources.*
- 3.0 CONSUMER SERVICES  
*Integrate knowledge, skills, and practices required for careers in consumer services.*
- 5.0 FACILITIES MANAGEMENT AND MAINTENANCE  
*Integrate knowledge, skills, and practices required for careers in facilities management and maintenance.*

- 6.0 FAMILY  
*Evaluate the significance of family and its impact on the wellbeing of individuals and society.*
- 7.0 FAMILY AND COMMUNITY SERVICES  
*Integrate knowledge, skills, and practices required for careers in family and community services.*
- 8.0 FOOD PRODUCTION AND SERVICES  
*Integrate knowledge, skills, and practices required for careers in food production and services.*
- 9.0 FOOD SCIENCE, DIETETICS, AND NUTRITION  
*Integrate knowledge, skills, and practices required for careers in food science, dietetics, and nutrition.*
- 14.0 NUTRITION AND WELLNESS  
*Demonstrate nutrition and wellness practices that enhance individual and family wellbeing.*

#### **IV. INTENDED OUTCOMES:**

After successfully completing this program, the student will be able to:

- 1.0 Evaluate factors affecting food and nutrition choices.
- 2.0 Analyze nutrition, health, and wellness practices.
- 3.0 Employ food safety and sanitation procedures.
- 4.0 Demonstrate the management of food for individuals and families.
- 5.0 Employ food laboratory management techniques.
- 6.0 Demonstrate the preparation of nutritious food for today's individuals and families.

# SCOPE AND SEQUENCE

## Nutrition and Foods

- (10%) I. **Factors Affecting Individuals and Family Food Choices**
  - A. Physical, Social, Psychological, Cultural and Monetary Factors
- (25%) II. **Nutrition, Health, and Wellness Practices**
  - A. Nutrition, Physical Activity, and Health Concerns
  - B. Personal Diet and Physical Activity
  - C. Nutrient Needs, Sources, and Functions
  - D. Careers in Food Science, Nutrition and Fitness, Education, and Research
- (15%) III. **Safety and Sanitation Procedures**
  - A. Safety Procedures and Sanitation Techniques
  - B. Careers in Food Safety and Sanitation
- (10%) IV. **Management of Food and Environment**
  - A. Meal Planning Abilities and Techniques
  - B. Positive Mealtime Environment
  - C. Food Purchasing
  - D. Careers in Food Management and Marketing
- (15%) V. **Food Laboratory Management**
  - A. Appropriate Use and Care of Equipment and Workspace
  - B. Abbreviations, Measurement Terminology, Yield Adjustments, and Measuring Techniques
- (25%) VI. **Preparation of Nutritious Foods**
  - A. Vegetables
  - B. Fruits
  - C. Grain Products
  - D. Proteins
  - E. Dairy Products
  - F. Careers in Food Preparation and Service

# CURRICULUM FRAMEWORK

## Nutrition and Foods

**1.0 Content Standard: EVALUATE FACTORS AFFECTING INDIVIDUALS AND FAMILY FOOD CHOICES**

**1.01 Competency: ANALYZE FACTORS AFFECTING FOOD AND NUTRITION CHOICES**

PERFORMANCE INDICATORS:

1. Explore how food helps meeting physical needs
2. Describe psychological factors
3. Compare social factors and cultural, regional, or global influences
4. Examine the influence of personal beliefs on food choices
5. Identify monetary factors
6. Describe how food choices are influenced by available resources and technology
7. Explore federal policy influences on food supply



**2.0 Content Standard: ANALYZE NUTRITION, HEALTH, AND WELLNESS PRACTICES**

**2.01 Competency: ANALYZE THE RELATIONSHIP BETWEEN NUTRITION, PHYSICAL ACTIVITY, AND HEALTH CONCERNS**

PERFORMANCE INDICATORS:

1. Explore the concepts of total lifestyle, including physical activity in health and wellness
2. Describe the role of nutrition in health promotion, disease prevention, and disease treatment
3. Describe techniques for evaluating a healthy lifestyle
4. Examine the characteristics of various eating disorders and their effects on personal health and wellbeing
5. Explore nutrition in fast foods
6. Analyze various fad diets and weight control plans

**2.02 Competency: EVALUATE PERSONAL DIET AND PHYSICAL ACTIVITIES USING *CHOOSE MY PLATE***

PERFORMANCE INDICATORS:

1. Examine guidelines for using *Choose My Plate* food guidance system and the Dietary Guidelines for Americans
2. Identify key nutrients in relation to food choices
3. Compare personal eating habits to *Choose My Plate* and the Dietary Guidelines
4. Demonstrate ways to incorporate food guides into daily food planning
5. Develop, implement, and evaluate a nutrition plan to improve personal eating habits and physical activity

**2.03 Competency: EVALUATE NUTRIENT NEEDS, SOURCES, AND FUNCTIONS FOR INDIVIDUALS AND FAMILIES**

PERFORMANCE INDICATORS:

1. Identify the six essential nutrients
2. Identify carbohydrate sources and functions in the body
3. Identify protein (complete and incomplete) sources and functions in the body
4. Identify fats, their sources, functions and related health concerns
5. Identify vitamins, their sources, functions and related health concerns
6. Identify minerals, their sources, and related health concerns
7. Identify the functions of water in the body

**2.04 Competency: EXPLORE CAREERS RELATED TO FOOD SCIENCE, NUTRITION AND FITNESS, EDUCATION, AND RESEARCH**

**PERFORMANCE INDICATORS:**

1. Research careers in food science, nutrition and fitness, education and research
2. Evaluate job qualifications

**3.0 Content Standard: EMPLOY FOOD SAFETY AND SANITATION PROCEDURES**

**3.01 Competency: DEMONSTRATE SAFETY PROCEDURES AND SANITATION TECHNIQUES**

PERFORMANCE INDICATORS:

1. Identify and apply sanitation rules and guidelines
2. Identify common food-borne illnesses
3. Describe symptoms common to food-borne illnesses
4. Identify methods that prevent food-borne illnesses and contamination
5. Apply established safety rules and guidelines to maintain a safe working environment
6. Identify proper first-aid procedures for cuts, burns, and electrical shock

**3.02 Competency: EXPLORE CAREERS IN FOOD SAFETY AND SANITATION**

PERFORMANCE INDICATORS:

1. Analyze career paths in food safety and sanitation
2. Evaluate job qualifications

**4.0 Content Standard: DEMONSTRATE THE MANAGEMENT OF FOOD FOR INDIVIDUALS AND FAMILIES**

**4.01 Competency: DEMONSTRATE MEAL PLANNING ABILITIES AND TECHNIQUES**

PERFORMANCE INDICATORS:

1. Identify factors that affect meal planning
2. Identify eating patterns, individual needs, nutritional needs, and special dietary accommodations
3. Plan a meal using several different budget levels

**4.02 Competency: DEMONSTRATE SKILLS TO FOSTER A POSITIVE MEALTIME ENVIRONMENT**

PERFORMANCE INDICATORS:

1. Explore the benefits of shared mealtime on family wellbeing
2. Demonstrate the use of simple table etiquette for different occasions
3. Explore the benefits of positive table time communication
4. Examine the benefits of including family members in meal planning and preparation

**4.03 Competency: EXPLORE FOOD-PURCHASING TECHNIQUES**

PERFORMANCE INDICATORS:

1. Compare and contrast various types of grocery and prepared food outlets
2. Set up a food spending plan
3. Identify unit pricing and cost per serving
4. Compare the time and financial costs of eating out, and convenience foods versus preparing meals at home
5. Plan meals and prepare shopping list

**4.04 Competency: EXPLORE OCCUPATIONS IN FOOD MANAGEMENT AND MARKETING**

PERFORMANCE INDICATORS:

1. Research careers in food management and marketing
2. Evaluate job qualifications

**5.0 Content Standard: EMPLOY FOOD LABORATORY MANAGEMENT TECHNIQUES**

**5.01 Competency: DEMONSTRATE THE APPROPRIATE USE AND CARE OF EQUIPMENT AND WORKSPACE**

PERFORMANCE INDICATORS:

1. Locate food preparation equipment in the laboratory
2. Recognize the names and functions of food preparation tools and utensils
3. Identify various types of large and small kitchen equipment
4. Explain the selection, use, and care of equipment
5. Select appropriate equipment for specific product preparation
6. Demonstrate the proper use and care of equipment
7. Identify work centers and their role in management
8. Employ standard safety procedures when using equipment
9. Explore future trends in food preparation technology and equipment

**5.02 Competency: DEMONSTRATE KNOWLEDGE OF ABBREVIATIONS, FOOD MEASUREMENT TERMINOLOGY, YIELD ADJUSTMENTS, AND MEASURING TECHNIQUES**

PERFORMANCE INDICATORS:

1. Define food preparation terms
2. Demonstrate the ability to follow a recipe
3. Demonstrate basic kitchen math skills
4. Demonstrate proper measuring and preparation techniques
5. Practice measuring liquid, dry, and solid ingredients
6. Demonstrate proper knife skills
7. Practice food preparation techniques

**6.0 Content Standard: DEMONSTRATE THE PREPARATION OF NUTRITIOUS FOOD FOR TODAY'S INDIVIDUALS AND FAMILIES**

**6.01 Competency: EXPLORE AND PREPARE NUTRITIOUS MEALS USING VEGETABLES**

PERFORMANCE INDICATORS:

1. Identify and explain the importance of vegetables in a balanced diet
2. Review the nutritional content of various vegetables
3. Describe guidelines for selecting vegetables
4. Evaluate the effects of cooking techniques on nutrient retention, flavor, texture, taste, and appearance
5. Practice nutritious preparation techniques for serving vegetables

**6.02 Competency: EXPLORE AND PREPARE NUTRITIOUS MEALS USING FRUITS**

PERFORMANCE INDICATORS:

1. Identify and explain the importance of fruits in a balanced diet
2. Review the nutritional content of various fruits
3. Describe guidelines for selecting fruits
4. Evaluate the effects of cooking techniques on nutrient retention, flavor, texture, taste, and appearance
5. Practice nutritious preparation techniques for serving fruits

**6.03 Competency: EXPLORE AND PREPARE NUTRITIOUS FOODS USING GRAIN PRODUCTS**

PERFORMANCE INDICATORS:

1. Identify different varieties of grain, rice, pasta and breads
2. Explain the importance of breads, cereals, rice and pasta in a balanced diet
3. Identify nutrients in breads, cereals, rice and pasta products
4. Describe guidelines for selecting breads, cereals, rice and pasta products
5. Prepare and evaluate various grain and whole grain products
6. Demonstrate preparation techniques for whole grain products

**6.04 Competency: EXPLORE AND PREPARE NUTRITIOUS FOODS USING PROTEIN PRODUCTS**

PERFORMANCE INDICATORS:

1. Identify different types of meat, poultry, fish, eggs and legumes
2. Explore the functions of proteins in food preparation

3. Explain the importance of meat, poultry, fish, eggs and legumes in a balanced diet
4. Identify nutrients in meat, poultry, fish, eggs and legumes
5. Identify various cuts of meat, poultry, and fish
6. Evaluate the effects of various cooking methods on nutrient retention, flavor, texture, tenderness, aroma, taste and appearance
7. Prepare egg recipe
8. Prepare a variety of recipes using meat, poultry, fish, eggs and legumes

**6.05 Competency: EXPLORE AND PREPARE NUTRITIOUS FOODS USING DAIRY PRODUCTS**

PERFORMANCE INDICATORS:

1. Identify different types of dairy products
2. Explain the importance of dairy products in a balanced diet
3. Identify the nutritional content of various dairy products
4. Describe guidelines for selecting dairy products
5. Explore the functions of dairy products in food preparation
6. Prepare a variety of recipes using dairy products
7. Evaluate the effects of cooking techniques on flavor, texture, taste, aroma and appearance

**6.06 Competency: EXPLORE CAREERS IN FOOD PREPARATION, FOOD SERVICE, AND NUTRITION PROFESSIONS**

PERFORMANCE INDICATORS:

1. Investigate careers in food preparation and service
2. Review career pathways related to food preparation, service and nutrition professions